



U C O O K

— COOKING MADE EASY

Neill Anthony's Yellowtail Flatbreads

with a zesty panko crumb, pickled red onion & cumin-infused crème

These scrumptious flatbreads are made from just two ingredients and so easy that you'll be whipping them up at any opportunity! They form thick, crisp wraps for tangy slaw and butter-fried yellowtail, topped with dollops of spiced crème fraîche and a coating of crunchy panko breadcrumbs.

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Neill Anthony

 **Easy Peasy**

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Ingredients & Prep

125ml	Self-Raising Flour
45ml	Greek Yoghurt
10ml	Red Wine Vinegar
1	Red Onion <i>one half peeled & thinly sliced</i>
2,5ml	Cumin Seeds
30ml	Crème Fraîche
75g	Shredded Cabbage & Julienne Carrot
1	Lemon <i>one half zested & cut into wedges</i>
50ml	Panko Breadcrumbs
1	Yellowtail Fillet
20g	Butter Lettuce <i>rinsed & gently shredded</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Rolling Pin
Paper Towel
Butter

1. KNEAD TO GET STARTED? Set aside a tsp of flour for step 4. Place the remainder in a bowl with a good pinch of salt and a drizzle of oil. Mix in the yoghurt until combined, then use your hands to knead into a sticky dough. Divide into 2 equal pieces and roll into balls. Cover and pop in the fridge until frying.

2. SOME FAB FILLINGS In a bowl, combine the vinegar, 1 tsp of a sweetener of choice, and a pinch of salt until dissolved. Toss through the sliced onion and set aside. Place the cumin seeds in a pan over a medium heat. Toast for 2-4 minutes until fragrant, shifting frequently. Remove from the pan, allow to cool, then stir into the crème fraîche. Season and set aside for serving. Place the cabbage and carrot in a bowl with the juice of 1 lemon wedge, a drizzle of oil, and a pinch of lemon zest. Toss together and set aside for serving.

3. ZESTY PANKO CRUMB Return the pan to a medium-high heat with a knob of butter. Once foaming, fry the panko breadcrumbs and the remaining lemon zest (to taste) for 1-2 minutes until golden, shifting constantly. Remove from the heat on completion and set aside for serving.

4. FINISH YOUR FLATBREADS Spread the reserved flour across a flat surface on which to roll your flatbreads. Use a rolling pin to shape each ball into a flat disc of 10-12cm in diameter. Return the pan to a high heat with a splash of oil. When hot, cook the flatbreads one at a time for 2 minutes per side until lightly crisped and heated through, adding more oil between each one if necessary. Remove from the pan on completion and drain on some paper towel.

5. BUTTERY FISH Pat the yellowtail dry with paper towel and season. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the fish skin-side down for 3-5 minutes until crispy. Flip, add a knob of butter, and fry for another 2-3 minutes until cooked through, basting with the butter. Remove from the pan on completion and gently cut lengthways into 2 pieces.

6. LOAD IT UP Plate the flatbreads and load up with shredded lettuce and zesty cabbage and carrot. Lay a piece of fish on top of each one, dollop with the cumin crème, and coat in the zesty breadcrumbs. Scatter over the pickled onion (use or lose the liquid as you wish!) and garnish with the chopped coriander. Go on, Chef — we know you're drooling!



Chef's Tip

The dough can be quite sticky when kneading. This is normal, so don't be alarmed! If you don't have a rolling pin, you can use an empty wine bottle or a large glass jar — any glass bottle should do the trick! Just make sure to dust it with a little flour before use.

Nutritional Information

Per 100g

Energy	709kJ
Energy	169Kcal
Protein	10g
Carbs	23g
of which sugars	1.7g
Fibre	1.4g
Fat	3.9g
of which saturated	1.8g
Sodium	31mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 1
Day